



# Nation

Volume 14 / No. 05 / January 19, 2007

## Wishes do come true!

### Rupert River construction announced

### A social affair

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## 'Hang onto these words'

by Will Nicholls

I recently asked for a book that I knew would interest me. I didn't know when I started to read how much it would influence me. The words that Johnny said were so close to the words I grew up with I couldn't put the book down. The words of an Elder named Johnny Davis from right across Canada in B.C. echoed the words of my great-grandfather and others. The book is called, *"Hang onto these words," Johnny David's Delgamuukw Evidence*. Let me introduce you to a few of his words.

"The trees that they have been taking off our territory, the government has been receiving the money and they're putting it in their pockets. Now we want the stumpage fees. We want the stumpage fees from all the traplines they have logged. Where do they get the money to be driving nice cars, to have a railroad system or to be flying in the air? This is our money they are using and I am walking on my feet. In the old days these people that trapped each territory, they protected the trees in blocks so that the animals would flourish. Now the government has trapped all our territories and they have all the money and the way they treat us, they throw little bits and pieces of things to eat."

These are words from the testimony given in the Delgamuukw court case. The Delgamuukw decision said that Aboriginal oral testimony and knowledge is to be given the same legal weight as written history. Johnny's words bring the human element into Canadian law and this is the importance of the book.

Crees need a similar work to reference their oral history. In the James Bay and Northern Quebec Agreement, the Crees achieved what was called the first modern treaty. The words of our Elders, however, can be like lost fish to a fisher: they grow into legends and are little believed. It is as Nietzsche said, "Memory says, 'I did that.' Pride replies, 'I could not have done that.' Eventually, memory yields."

I, for one, would choose to respect, honour, and remember the

words of my great-grandfather as he said them. To do less is to deny him and the others who spoke on our behalf in those days. It would be less than their due. Their hearts and minds were focused upon the way of life of the Cree and how that would continue.

They were the Dab Eeyou, the real ones, and the words they gave must be remembered as something true and not as we would like them to be. They, who were the guides to our survival and way of life, deserve no less.

My great-grandfather was not the only one to talk about the Cree and what they hoped for and wanted from the outside world. Many of you have relatives who talked about the Cree and the way of life they enjoyed and wanted to continue.

It is important we take the words of our Elders much as has been done in *Hang Onto These Words* and record them for our present and future.

For those who would say the world has changed since then I have only the words of other leaders from the outside for you to consider. Who can say that J.F. Kennedy's famous quote – "Ask not what your country can do for you but what you can do for your country" – has no worth? There are many more examples.

The lives that have gone before us continue to have worth as well as pride for those who have listened to them once more.

That pride is within the words spoken to Judge Malouf and they should be saved and savoured. It is part of our history and our worth as they were spoken by those who shaped our nation.

Now all we need is our own Anonita

Mills to edit these words our Elders spoke into a powerful tapestry. What has been achieved and the words that helped gain that achievement should never be a forgotten milestone. The Crees have those who can assist in editing the transcripts and if we are to achieve a Cree sovereignty that reflects our destiny it must be rooted in the footsteps of those who have gone before.



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# January at the beach...

I look out onto Hudson Bay and the waves that come crashing onto the shore remind me of summer days gone by. What? Waves in January? Well, welcome to global warming, the most talked-about phenomenon since the last ice age. What can be done about it?

Apparently politicians can do something, if you vote for the right ones, the ones who have clout, environmentally, that is. The big promises to reduce greenhouse gases emissions have me all excited, as I was hoping that somehow I can use my skidoo for at least a month and have fun with whatever snow is left on the ground.

Now that the New Year has rung in, some things have not changed as dramatically as the weather but are still newsworthy. Geese were still migrating south during the Christmas holidays. What does this mean? Does it mean that the traditional fall goose breaks will now have to be extended until December? Does that mean I have to trade in my snow shoes for flip-flops? Does that mean there is no need for the winter vacation to the Bahamas?

The caribou and moose have traded territories. In unprecedented fashion, Inuit have now killed their first moose and the caribou is now up there with the opossum as the most preferred road kill in the south, right after porcupine.

Will hockey have to remain indoors forever? Will the Rideau Canal be able to continue to maintain its title as the world's longest skating rink? Is the snowball an extinct artifact from the past century? Can a snowflake appear again naturally on a ski slope or will the Winter Olympics be no more?

All fascinating questions, for sure. But do they have answers in the form of negative temperatures in the foreseeable future? Not so, say the weather people. The year 2007, they predict, will be the warmest on record. Climate change on steroids.

Polar bears are now earmarked for extinction alongside the musk ox. They have acclimatized for hundreds of millennia to year-round freezing. Perhaps they'll adapt to the warmth like they did in fashion for the ice age. So what would polar bears be called in the future? Wet Taiga bears?

All I know is that the weather sure is something to talk about now, another worry to anxiously rub knuckles to the bone over. Why are we all in a tizzy about this?

First of all, the north will not be cold anymore, at least not cold enough to keep out the real nasty bugs that infest the south. We've got it good now, with only mosquitoes and blackflies. But as soon as the deer tick moves north, I'm outta here. Kuujuaq or bust.

The other factor is that the long cold days of pristine sunshine which adorns many a pretty postcard from Canada will have to be replaced with stormy weather patterns. The only good thing about this is that the odds for predictable weather will increase so much that lotteries can be held with the same odds as Lotto 6/49, so that the lucky winner will not only have cash, but good weather to go with it.

Whichever way you look at it, the weather is now a political issue, something that can win or lose elections in the national arena. So my bet is that, whoever can predict the weather accurately enough to make money out of it gets the vote.

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# Rupert River goes to gallows

## Diversion construction begins immediately

by Steve Bonspiel



The only thing left was the funeral procession as politicians from Quebec, the Cree and other non-native James Bay communities congregated in a roomful of media types to witness the surreal scene of a river being executed.

After a 20-minute delay, the January 11 Hydro-Quebec press conference in Montreal with Premier Jean Charest and Grand Chief Matthew Mukash effectively pronounced the death of the Rupert River. The only thing left to do was to implement the death sentence.

Construction began January 12 on the massive \$5 billion project. The river's flow will be reduced by 71 per cent in certain areas, rendering it almost irrelevant as one of the last great rivers in Canada.

In an ironic twist of fate, two of the three chiefs who voted in referenda in November to oppose the diversion, had recently lost loved ones and could not attend the signing.

The Fondation Rivière, Révérence Rupert and Sierra Club of Canada joined Chisasibi Chief Abraham Rupert in denouncing the project. They asked for a one-year moratorium on the project, so experts can be brought in to study other alternatives such as wind power.

"We sampled the soil that will be flooded and we found the mercury levels very high," said Daniel Green of the Sierra Club. "The impacts of the Rupert diversion will be higher than the previous dam."

Abraham Rupert said that the devastation of the diversion would lead to more social problems as well as troubles with the flora and fauna near his community.

"When you put vegetation under water you're bound to have a reaction. It affects the water and us as Cree people," he said.

"Eighty per cent of the river's flow is going to come towards my community," Rupert con-

tinued. "I only have two hours and 14 minutes to get my people to safety if anything happens. I don't think that's enough time."

When asked by *the Nation* what he had to say to the people of the three most affected communities – Nemaska, Waskaganish and Chisasibi – Matthew Mukash seemed to be holding onto a glimmer of hope.

"I've been mandated to talk to the people," he said. "They've exposed their position to us and we'll take a look at it."

When asked if that was it, if the fight for the Rupert was over, Mukash said, "We'll respect where the people want to go."

The conference had the usual ramblings about how good the project is for the environment from Hydro President Thierry Vandal and Environment Minister Pierre Corbeil. For a little show, Indian Affairs Minister Geoff Kelley was thrown into the mix to demonstrate how the province really was getting along with the Cree – finally.

Mukash also stressed his mixed feelings about the signing. He brought to light the broken promises from 1975's James Bay and Northern Quebec Agreement and how the province signed a document assuring more money for policing and justice only yesterday in Wemindji, 31 years after it was promised to the Crees. He said it was peculiar that it only took five years from beginning to end to lose another river.

Premier Jean Charest assured the Crees and the media that things are working smoothly now and that the days of waiting that long to implement something are over.

He said that the intentions of the JBNQA were good, but weren't always put into practice. "We are here to work together, nation to nation to develop the Cree communities," said Charest.



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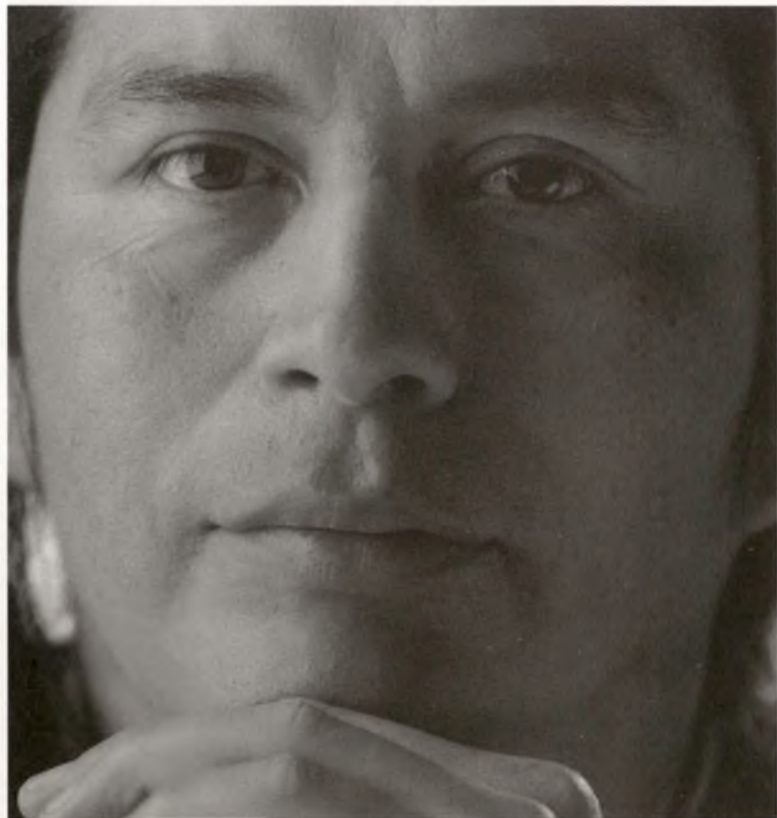
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# A social club for Mississini?

## Former police chief lobbies council for first-ever bar license

by Steve Bonspiel

If one ambitious band councilor has his way Mississini might soon be adding a social club, making it only the second community – behind Whapmagoostui – to have a bar on category one land.

Former Police Chief Calvin Blacksmith was quick to point out that his establishment would serve to educate some people on the effects of alcohol and teach them how to drink in a social setting.

"In Mississini there is a lot of drinking, we can't hide that," said would-be owner Blacksmith. "A good way to regulate and educate people about alcohol is a social club. We can show people how to consume alcohol in a more reasonable manner."

Blacksmith, along with partner Clifford Benac, made the appeal to the band council this summer to open a "Cage aux Sports-like bar."

The band sent a letter to the duo in December stating that it would be on the next agenda and that it would be brought to the people after that to gauge the interest and willingness to have a bar in the community.

He also pointed out that tens of thousands of dollars are lost each year as patrons head to Chibougamau to spend their hard-earned money at the five bars there. He estimates that the community loses about \$800,000 annually.

And that's not to mention what the community is losing from tourists and the weddings and bachelor parties in the community during the summer.

Eventually he says, alcohol will probably be sold at Meechum and the lodge, but Blacksmith is asking for at least a three-year moratorium so his business can start turning a profit before that happens.

Chief John Longchap could not be reached for comment.

Blacksmith said that the bar would have similar rules to Whapmagoostui's Social Club, where spitting, swearing, or, in the worst scenario, fighting, would get patrons barred for a period of time.

"The Crees say they want self determination, but if they can't even control their alcohol how can they determine their future?" Blacksmith asked. "We don't want to destroy any families. What we want to do is make it more sociable."

Blacksmith likened his proposed bar to a Cage aux Sports restaurant. He said that there would be pictures of local hockey heroes and championship teams on the wall to "demonstrate the accomplishments the community has done in the past."

They would also air nightly big events like the Super Bowl and the Ultimate Fighting Championship and other popular sports like hockey and basketball.

"When you go to Chibougamau, they keep on serving the person until they pass out," he said. "But that's not our intention. What we'll do is if they get rowdy or intoxicated, we'll ask them to leave."

He said the key is to drink responsibly and most of all, to have fun.

"When we have wine during the holidays, I teach my kids to drink responsibly so when they grow up, they won't abuse alcohol. Alcohol is not bad, but it can be if you abuse it."

Blacksmith said that if all goes well, Mississini might see gaming and, in the longer term, a golf course. It's time, he said, that his community gives Chibougamau a run for its money – literally.

"We're not going to solve all the problems, but at least we can say we made an attempt," he said. "I think it's time for people to be more open."







# sequoia

a big dream grows in downtown Montreal **by Amy German**

Entrepreneurship was never what she had in mind when she started working, but Kahnawake native Michaela Lazore is beaming with pride, having just opened up her second Native-run and inspired bath and body shop under the moniker Sequoia.

The Mackay Street shop in downtown Montreal is both stylish and succulently scented. Its mission, however, is not solely to sell cosmetics to urbanites and tourists but also to raise the profile of Natives and their culture.

"This puts us in a different light, that we could own something that is just as nice as the Body Shop," says Lazore.

Her products are inspired by First Nations legends, with product lines named, for instance, "Sky Woman" and "Brother of the Sun."

"It's just to get people asking questions about our folklore like the creation story or maybe what red clover was used for."

After a mechanical engineering degree from Concordia University, Lazore began her professional life at a local consulting/engineering firm in Kahnawake. Though she stayed in the field for five years, it didn't thrill her.

"I definitely was trying to think of ways to start something where I wouldn't have to do my job," she says with a laugh.

Originally, she did not have much interest in bath and body products but after seeing how a friend of hers reacted to a gift basket she had received filled with similar products Lazore began to take interest. With a background in technology, Lazore found it easy to research and formulate products, but it was the business aspect that interested her the most.

Lazore opened up her first store in Kahnawake March 19, 2004. The downtown Montreal store was the real challenge, however.

"It's very hard for me because I have almost no French background. Even just the rules and regulations, it's all new and not what most business owners in Kahnawake have to deal with." She persevered despite the challenges and right before Christmas the second store opened its doors.

The second Sequoia store is filled with hope, promise and a stunning array of the most delectable soaps, candles, bath bombs, lotions, scrubs and much more. Lazore is thrilled to have opened a second shop, but it's not just about dollars and cents. For her it's about being a role model for her community and about having a presence as a successful First Nations woman on the downtown scene.

"I think Canadians forget about us," she says. "When they see us they don't really recognize us unless they can tell we are homeless or drunk on the side of the street. But when we are here [in the store] they think we are Spanish or Italian or Asian."

Though it may be difficult to conceive of a bath and body store breaking down racial barriers, it seems to be working. The culturally inspired products that showcase traditional elements used by First Nations people, such as cedar, violet, raspberries, sweet grass and a whole bevy of others will often spark a client's curiosity and open up dialogue. When clients ask about the scent interpretations of the legends, says Lazore, "it makes me feel like wow, people are really interested."





## Make a Wish Foundation sends ailing little girl to Disney World

The Make a Wish Foundation granted the wish of a little girl named Dancing Water Wapachee this year. Her name was submitted by doctors and nurses who operated on her during her last stay at the hospital. Her wish was to go to Disney World to meet Mickey Mouse with her family.

So with much preparation, the trip was planned for Christmas 2006. It would be seven days at Disney World with her family from December 24 to 31. Many people contributed to make this wish come true for this seven-year-old Mistissini girl who has gone through much for her age.

Dancing Water was born with a heart problem, and at her tender age has already undergone three operations. She does so with great courage, and beams at any opportunity for her to be back with her family. So, many people in the community came together to also fundraise to help make this journey extra special – such as the Native Women's Association of Mistissini. Also, some money was raised in the summer at the Mistissini golf tournament.

The main expenses were handled by the Foundation and local representative Marc-André Beaudoin. He spent many hours setting up this trip,

**Many people contributed to make this trip a dream**



# A DREAM TRIP FOR DANCING WATER

story by Dorothy Nicholls

and working with the organization to ensure all details both large and small were taken care of.

It started off December 22 as the family loaded into a van and headed off to Val d'Or in minus-16 temperatures. The adventure had begun. There was some last-minute worrying about the border crossing considering many recent events in the news about international travel. Grand Chief Matthew Mukash called U.S. Senator John Sununu's office to help ensure this once-in-a-lifetime dream vacation would come true for this little Cree girl who had been through so much. As well, the Mistissini Police were on call to vouch for everyone's identity should the need arise. All this helped alleviate some worrying, and in the end, everything went smoothly.

Arriving in Florida on Christmas Eve, everyone finally realized it was really happening. The flight was not terribly long, and the weather was now warm. Everything seemed new, exciting and wonderful, especially for this precious girl. Upon arriving at the accommodations provided, the family was surprised to find a very spacious and beautiful suite. It had three bedrooms and three bathrooms besides two sitting areas and kitchen.



**m come true for this seven-year-old Mistissini girl**





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Her mother, Alice Wapachee, left to do some Christmas and grocery shopping to ensure a good start to the holidays as Christmas morning was only a few hours away. We closed the stores.

The first day at Disney World was dampened a bit by rain and a tornado warning. But with some Mickey Mouse ponchos, we managed to make our way from event to event. The weather turned out to be the least of our worries as the crowds were more of an obstacle with many events booked up. However, we did see many special attractions and places such as The Land, Sea World and Imagination. To the delight of the little girls, Dancing Water and her four-year-old sister, Moesha, we met some very important people like Snow White, Princess Aurora, and Mulan.

The shuttle service was a little restrictive as far as schedules but Milton, our driver, took a special interest in us for the six days we were there. We felt we had made a special friend and believed he was an angel when we needed one.

On our second day in Disney World, we were off to Magic Mountain. Again the crowds were large, but we squeezed on the monorail with







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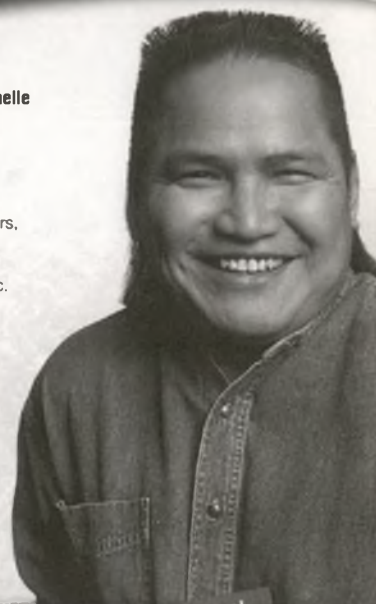
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standing room only. When we arrived at our destination, the first thing we spotted was an incredible castle looming high above the picturesque landscape. The children were thrilled as they hurried past the magic shops and streets leading

towards the castle. As we waited in the front of the castle, Minnie, Donald Duck and Goofy came out dancing and singing. Mickey showed up later.

On the third day of our adventure, we decided to plan ahead to choose the shows we wanted to see at MGM. The Muppet Show was an instant hit with little Moesha, as it was done in 3-D and she kept trying to catch bubbles as they floated by. We then ventured off to take in the Classic Movies. Dancing Water was a bit frightened when Bugsy Malone came to join us. We used our first fast pass to see the live Adventures of Indiana Jones show. It was well spent, as we all enjoyed this. We then took the little girls to see Story Time with Tigger and Winnie the Pooh.

We saw Minnie and Goofy but the lineup was too long to get pictures taken. We managed to squeeze in one more play for the girls by the end of the day, The Little Mermaid. It was a long but enjoyable day as we headed back to our room at 9 pm.





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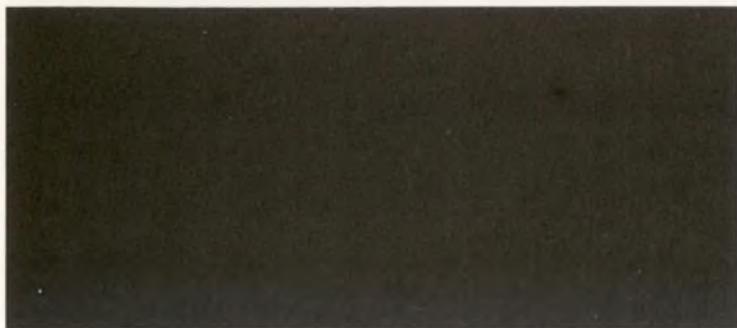
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After three days of adventures and much walking, we took the fourth day off to rest and stayed at the resort. Star Island Resort has daily activities for children, so the girls went off to Kids Camp for the morning. They had a wonderful morning, and we rested in the afternoon so we could be fresh for our new adventure the next morning. The suite had a television in each room so there were never any arguments about which show to watch while we rested.

After our day off, we decided to head off to Sea World. Sea World offered rides and a playground for the children and it was a nice change of pace for them from the crowds and fast pace of Disney World. The only show we were able to see was the Dolphin Show. We felt we chose wisely, as we all walked away amazed at the spectacular stunts and tricks the dolphins could perform.

Our last day was spent at Universal Studios. We spent most of the time at Dr. Seuss' Playground where the girls and their older sister Elizabeth had their picture taken with the Cat in the Hat. Our last show was the Adventures of Sinbad where the girls learned why this legendary sailor was so famous, and had a taste of the many voyages and adventures he had.

We all felt a touch of sadness as we packed to leave Florida. Disney World and the other theme parks were so large and crowded that it was really

© SeaWorld



**“We asked each other if we would ever like to return to Disney World and we all vowed that, God willing, we would find a way.”**

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# A DREAM TRIP TO DISNEY WORLD

something that would take one much longer to appreciate. However, we were very fortunate for the time and adventures we did have there as it was a first for all of us, and a dream trip for one little girl.

Even though it had given us so much joy we were anxious to get home again once we started traveling. Later, we asked each other if we would ever like to return to Disney World and we all vowed that, God willing, we would find a way. Surely we felt that He was with us all the time and it was confirmed in the people around us that helped "strangers in a foreign land." We cannot thank enough those who made it possible for us to make this trip with Dancing Water. Your generosity and kindness is greatly appreciated by the six of us: Dancing Water, Moesha, Eric, Elizabeth, Alice and Dorothy.





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*Since 2000, the aboriginal student population at UQAT has grown steadily.*







# Vern Cooper an OHL star in Plymouth, Michigan

Vern Cooper of Waswanipi is playing for the Plymouth Whalers of the Ontario Hockey League after being taken in the first round (13th overall) of last year's Ontario Hockey League player draft. Team management and scouting had said that if they had the first pick, they still would have selected Vern as he was their only choice.

Having been greatly involved in Cree Hockey for the past 15 years and Chairman of the National Aboriginal Hockey Program for the past 10, I have seen many talented Aboriginal youth athletes, both male and female. Vern Cooper is one of the top prospects across the country and must be considered a role model and example for young people with dreams (following fellow Aboriginal stars Jonathan Cheechoo and Jordan Tootoo) as he continues his goal of one day playing in the NHL.

I surprised Vern over the Christmas holidays, showing up at his game in Plymouth, Michigan, December 28. It must be noted that during this game Vern was still a 15-year-old rookie (he turned 16 two days later, on December 30), yet watching him play that game you would think he was an OHL veteran of 18 or 19.

Each time he took to the ice he had a focus in his eyes; a determination to make things happen whether he had the puck or not. Every shift he skated as if it would be his last, giving 150 per cent all the time with no letup. As I watched him turn a defenceman inside out and create a great scoring chance (see photo upper right), I couldn't help but stop and smile as I listened to the crowd cheering for their future hero.

Vern isn't eligible for the NHL draft until 2009, after his third complete season in the OHL, so he has a lot to look forward to over the next few seasons. I spoke with some team executives during the game and they remarked on the considerable investment they are committed to making with Vern.

His parents, Allan and Clara Cooper, were in attendance at the game and I offered congratulations to them as parents for what they have done for their child. Clara is a true and proud "Hockey Mom" and should receive an award as well for sacrificing herself to make sure that Vern has every opportunity to live his dream.

I spent time with Vern after the game, asking about the changes and adapting to new lifestyle, education and, of course, hockey. He was ever the youth with passion, smiling and joking around and reminding me he is still just a kid. Yet the promise and possibilities for this youth bring tears to my eyes as I think of past youth who never got this far or those that have left us in their prime before their time to shine.

The Grand Council, the Cree Chiefs, the Cree School Board and Cree Health Board should all reflect on this and when there is a talented youth who makes a request for assistance be it financial or other – whether it is for hockey, music, education or any other area – do not be quick to turn to policies but rather consider the remarkable achievement this young person has made.

by Jeff Spencer



Clara Cooper and John Armstrong's mom





# Will on the Grill

by Will Nicholls



Recently I did something I normally don't do: I hit up a greasy spoon called La Binerie Mont Royal. It was the beans that drew me in. Sad to say I have never matched my grandmother's beans and have "bean" looking for a recipe for a long time. The binerie came close. It was a taste of down home country living. Combine that with one egg, two strips of bacon, one sausage and a piece of ham, homemade hash browns and toast and you get a hunter's breakfast worth its weight in fat. And therein is the problem. Unless you are going to be physically active you can't eat this way and remain a healthy human bean.

Healthy living says a little fat isn't bad; a little cholesterol isn't bad, etc. It is when these things increase that you get all the harmful effects. The recipes this time around are a variety of country food and tasty healthy meals.

## Bridget's Garlic Linguine

This is an amazing side dish for the main course. Quite frankly, it knocked my socks off. I had the meal two ways; the first being with beaten chicken marinated in egg, a little garlic, Italian spices and white wine for two hours. Pound it thinly and add Parmesan cheese and bread crumbs coating thoroughly and then fry until light brown. This recipe also goes well with scampi, shrimp and most fish dishes. It is truly versatile but I recommend the shrimp. If used with the shrimp it can easily serve as the main course.

- 4 portions linguine cooked (just until they are approaching soft)
- 3 Tbsp fresh parsley (1 if dry)
- 1 Tbsp fresh basil (1 tspn if dry)
- 1-2 Tbsp garlic chives (chives optional)
- 3-4 cloves of garlic chopped finely
- 1/4 cup heavy cream
- 1/4 cup Parmesan cheese (Kraft is your last resort and not recommended)
- 2 Tbsp butter
- 2 Tbsp olive oil
- 1/4 cup white wine.

Take the butter, olive and white wine and put in frying pan to reduce the liquid. Add spices and half of the garlic while reducing. If using shrimp (1-2 lbs), steam first with steamer until just red. Do not over cook. Peel shrimp and add shells to the three ingredients. Reduce for about 15 minutes and remove shrimp shells.

Continue to reduce and as it thickens put in pasta with more garlic.

Lower heat and add cheese and remaining garlic.

After five minutes add cream and stir constantly. When it is steaming it is ready to serve.



## Beaver Chili

Here's an interesting recipe from Western Canada. Cooking tip for this and other recipes is when you roast the chili peppers, bake them at 435 F for 10 minutes. Taking the skin off should then be easy. All the ingredients can be found in your local grocery store and on the land.

- 2 - 3 lbs beaver meat
- salt and pepper; coarse ground if available
- butter
- 1 large onion, chopped
- 4 carrots, diced
- 6 celery stalks with leaves, chopped
- 4 cloves garlic, finely chopped
- 3 medium potatoes, cubed, optional
- 1 can (15oz) tomato sauce
- 1 can (15oz) chopped tomatoes
- 6 - 8 roasted chili peppers, remove skins and seeds, finely chopped
- 1/2 tsp cumin
- 1/2 tsp chili powder

Season meat on both sides with salt and pepper. Put in fridge uncovered for at least two hours.

Remove meat from fridge and place on counter for 20 minutes. Cut and cube meat into small bite-size pieces.

In a large skillet, pot or Corning casserole dish, melt a little butter. Then sauté the onion, carrots, celery and garlic until onion is transparent.

Add the meat and cook over medium heat until cooked through.

Microwave the potatoes for about five minutes.

To the meat mixture, add the potatoes, tomato sauce, chopped tomatoes, chopped chili peppers, cumin and chili powder. Stir together.

Bring to a boil then reduce heat and simmer for 60 - 90 minutes. Add a little water if too thick and not fully cooked.



## Rabbit Stew with Herbs & Barley

You can use chicken if you can't snare a rabbit. By the way, while sage is burnt in ceremonies it can be used for cooking as well. Though in this recipe the barley is used as a vegetable you can add veggies to the mix. I tend to add potatoes, carrots, Spanish onions, and, occasionally, thinly sliced turnips and mushrooms (Portobello if possible but any will do).

- 50g (2oz) butter
- 1 -1.5kg (2-3 lb) rabbit
- 450g (1lb) washed and trimmed leeks, thickly sliced
- 4 cloves garlic, chopped finely
- 175 g (6 oz) pot barley
- 900 ml (30 fl oz, 3 3/4 cups) water
- 3 generous Tbsps red or white wine vinegar
- 2 bay leaves
- salt or salt substitute
- pepper
- 15 fresh, roughly chopped sage leaves or 1 Tbsp dried sage

Melt the butter in a heavy pan and fry the meat with the leeks and garlic till the vegetables are slightly softened and the meat lightly browned.

Add the barley, water, vinegar, bay leaves and seasoning. Bring the pot to the boil, cover it and simmer gently for 1 - 1 1/2 hours or until the meat is really tender and ready to fall from the bone.

Add the sage and continue to cook for several minutes. Adjust the seasoning to taste and serve in bowls.

## Grouse and Bacon Stew with Walnuts or Hazelnuts

You may use partridge, quail or such as a substitute for grouse. Use the bacon with low-fat or Canadian bacon for best results. This one is the family version. A good side dish is rice.

- 6 rashers of bacon, chopped roughly
- 3 cloves garlic
- 4 grouse (6 if quail)
- 225 g (8 oz) mushrooms, whatever variety, chopped roughly
- 75 g (3 oz) roughly chopped roasted hazelnuts or walnuts
- 300 ml (10 fl oz, 1 1/4 cups) real ale (your choice)
- 150 ml (5 fl oz, 3/4 cup) water
- 2 or 3 bay leaves
- a little salt (or salt substitute) and freshly ground black pepper
- 6 slices brown bread

Fry the bacon, with the garlic, until it is lightly browned in a heavy bottomed casserole. Add birds and brown on all sides. Add the mushrooms and nuts, continue to cook for a couple of minutes, then add the ale and water with the bay leaves.

Bring to a boil, cover and simmer very gently for 2 - 2 1/2 hours--the birds should be falling off the bone.

Remove the birds from the juices, cool juices completely and remove any excess fat. The birds can be served whole on or off the bone. If the latter, carve them while they are cold. Then return to the skimmed juices and reheat gently.

Adjust the seasoning to taste and serve either the whole birds or the slices on the pieces of bread, with plenty of the juices and bits. A good green salad to follow is the best accompaniment.

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# UNDER THE NORTHERN SKY

## Tis the season to be jolly

by Xavier Kataquapit

I always feel great relief to see January arrive after the holiday season. There are many happy and merry moments during the Christmas season, but there are times when most of us might just want to stop and get away from it all.

I like the idea of Christmas being a period of peace and goodwill but I think we all put ourselves in so many stressful situations at this time of the year. Somehow we all seem so determined to make a few days the happiest ones in the year. I think most of us would be satisfied with a quiet holiday where people can meet and just enjoy each other's company.

I remember my Christmas experiences as happy times when I received gifts, shared my toys with family members and enjoyed mom's home-cooked feasts. However, there were also moments when alcoholism and dysfunction clouded my memories. I have always tried to forget these moments. From a young age, I vowed that I would not follow that path of drinking and drugging. As a teenager, however, I drifted into this dysfunctional lifestyle with an ease that caught me by surprise.

In small remote First Nation communities, alcoholism and drug use is on the level of an epidemic. Many of my people struggle year-round with these addictions, but it becomes worse during the holiday season.

For one thing, the winter snowmobile routes are open to southern communities, resulting in easy delivery of alcohol and drugs. Although my home First Nation of Attawapiskat is considered a dry community, booze and drugs still make it into town.

There is such a social norm about drinking and drugging that people just grow into it. Nobody ever taught me anything in school about these addictions. I had no information when I was young. As a matter of fact alcohol is promoted on television and in the media as a normal social thing to do. At one point a young person feels that to be accepted and one of the crowd he or she must drink and drug. Many people I know had their first drink or recreational drug at Christmas or New Years. It was more or less a right of passage.

I find the holiday season is stressful because so many activities include alcohol and drugs. It is a difficult time for a recovering alcoholic or addict. It is a stressful period of the year for many reasons and that makes me feel vulnerable. I am not at all comfortable in environments where alcohol and drugs are as normal as Christmas trees and tinsel. I have to be really careful where I spend my time during the festive season. Thankfully, I

have sober friends and family who are on the same wave length as me.

I fully understand that some people can have a drink and can even experience drugs in some moderation. I am grateful that I realize I am not one of these persons. I pass no judgment on whatever anyone else wants to do. However, I do encourage anyone who is having problems in their lives surrounding alcohol and drugs to reach out and do something about it. There is so much help available and there are so many support groups waiting to offer you a hand.

You can always look up the number for Alcoholics Anonymous or Narcotics Anonymous in the phone book. If you are in a First Nation you can get in touch with a drug and alcohol worker as most communities have this service. If this Christmas and New Year celebrations were hell for you, then maybe it is time to try to do something about it. Here is an easy test for you to take. If you answer yes to four or more of the following questions you may have a problem with alcohol.

- ♦ Have you ever decided to stop drinking for a week or so, but only lasted for a couple of days?
- ♦ Do you wish people would mind their own business about your drinking – stop telling you what to do?
- ♦ Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?
- ♦ Have you had to have an eye-opener upon awakening during the past year?
- ♦ Do you envy people who can drink without getting into trouble?
- ♦ Have you had problems connected with drinking during the past year?
- ♦ Has your drinking caused trouble at home?
- ♦ Do you ever try to get "extra" drinks at a party because you do not get enough?
- ♦ Do you tell yourself you can stop drinking any time you want to, even though you keep getting drunk when you don't mean to?
- ♦ Have you missed days of work or school because of drinking?
- ♦ Do you have blackouts?
- ♦ Have you ever felt that your life would be better if you did not drink?



# CLASSIFIEDS

## BIRTHS - 100

On January 21 2006 @ 12:38pm I gave birth to a healthy 7lbs 7oz baby girl. Her name is Hazel Tasha Wapachee- Jolly. We just wanted to say HAPPY 1ST BIRTHDAY to her and many many more years to come!! We love SOOO MUCH and hope you enjoy your 1st birthday!! Love always MOMMY and DADDY (Nemaska)

## BIRTHDAYS - 101

This birthday wish goes out to our godson Trevon Gull-Icebound. Happy 4th birthday on January 8. Must be very anxious to start school this fall and we can't wait to see you get on that big yellow bus. We love you and have fun on your special day. From your godparents Romeo and Stephanie and cousins Toronna, Lianne and Carlene.

We want to wish a happy 9th birthday to a very special daughter, Toronna Otter on January 9. Your sure grown up pretty fast my girl we love you very much and we will always be here for you whenever you need us. From your loving parents Romeo, Stephanie and your little sisters Lianne and baby Carlene Ottereyes.xoxox

We would like to wish our niece Layla Stephanie Carielle Bree Moses a happy first birthday on January 17th 2007. We would like you to know that we love you very much and have a special day and we can't wait to see you blow out your candle once again happy birthday Layla.....Love your uncle Julius and your aunts Connie and Gillian

This is going out to our granddaughter Layla Stephanie Carielle Bree Moses who will be celebrating her 1st birthday on January 17th 2007. You never cease to amaze us with all the things that you accomplish, it was just like yesterday that your mommy and daddy brought you home from the hospital. We hope that your day is just as special as you are our sweet granddaughter.....with all our love your grandparents (Wask)

I would like to wish a happy belated birthday to my loving father Teddy Cookish who had his 80th birthday on December 15, 2006...and also merry Christmas and a happy new year to my family

and friends...with love from Alice and kids...

Happy Birthday to these following ppl.....First is my daddy Victor and my aunty Vanessa Longchap both celebrated their birthday on Jan 5th and my other Aunty Victoria Longchap On the 12th of Jan..Love you all so much!!! From your Daughter and niece Daisy Salt-Longchap ...Also Happy Birthday to Harryish N., on the 13th and To Allison Sam on the 17th of Jan From Louisa and Daisy.

Happy 5th Birthday To My Second Oldest Nephew/Cousin Alexander Lameboy On Jan 1st..We Love you So Much!! From Auntie Louisa And Cousin daisy"Eshgosh"Salt-Longchap

I would like to wish a happy 2nd birthday to my nephew/cousin David Joseph Robert Napash on January 10....hope you had fun on your special day hope you get all the batman stuff you wanted!!...ehh!!! we love you and miss you..sorry we missed your birthday but we think of you on this day!!..you mean so much to us!! See you when we get back!!...from your auntie Louisa and cousin Daisy"Eshgosh"

Happy Birthday going out to Jerry Matoush on January 4, Vanessa and Victor Longchap on January 5, Andy Metabie on January 13, Alice Metabie Petawabano on January 14, Collen P. Longchap on January 19, Jerry-Lynn Matoush on January 22, Linell and Lyle Metabie on January 25, 2007. Happy Birthday and have a Happy New Year!! From the Metabie Family

Birthday greetings going out to the following people. Belated birthday greetings to Clarence Snowboy and Lindy Sealhunter on Jan. 5, Wishing you both many more birthdays. To; Louisa Sealhunter on Jan. 14, Tommy, William, Samson Sealhunter on Jan. 16 Brian Sealhunter also on Jan. 16 Kevin Shecapio (Handsome) on Jan. 20 Peter Sealhunter on Jan. 22 Especially to Ernest, Malcolm, Marcus Herodier on Jan. 25 (same date as my b-day) HAPPY BIRTHDAY guys, LOVE

YOU ALL; From; Margaret

We would like to wish our brother Noah-Remay Snowboy a happy fifth birthday on January 23, 2007

we love you!. from Tristan & Viola Snowboy (Whap)

I Would like to wish my little man Noah-Remay Snowboy a happy birthday on January 23, 2007 he will be celebrating his fifth birthday i love you with all my heart. Love always mommy Patricia Masty-Snowboy (Whap)

We would like to say happy new year to my parents/grandparents Katherine and Robert Salt and also happy 5th birthday to my nephew Alexander Lameboy on January 1st 2007 and to David Napash happy 2nd birthday on January 10th happy birthday boys love from your aunt Alice and your cousin Jaylen Salt in Chisasibi

This birthday wish is going out to my precious daughter Shayna Bug...On Jan 30...she'll be turning 11 yrs old...Oh! how time time flies...the love I feel for you grows each day, be a good lil gurl and Have a very Happy Birthday, LOVE, Mom

On Feb.4/07. our grandpa Abel Neeposh will be celebrating his birthday. Happy birthday joom-soom Abel. with love, your "oushimsich" Kayleigh & Audreysh (Mistissini)

Happy 4th Birthday to Kayleigh Neeposh on January 25/07. On your birthday you can snack all you want and play as loud as you want and watch "shrek & shrek 2" as many times as you want. I hope you will enjoy your day. We love you sooo much. From: mom, dad & your baby sister Audrey xoxox (Mistissini)

I'd like to wish a happy b-day to Shirley Mark-Stewart, aka Squid, aka The Stretcher. 14 !!! love you, so glad to get to know you, true story ! M Thank you, and keep up the good work, Mary Caron

## CONGRATULATIONS - 104

We would like to wish a Big Happy 25th Anniversary to Dorothy and Peter Longchap on January 12, 2007. Congratulations!! And Happy New Year too!! From the Metabie Family

## PERSONALS - 300

Hi mr, 10 days. hope u know who you are. Never had I imagined u would call, but u did. We talked and talked pouring our hearts out to each other. You swept me off my feet. You helped me stay away

from my worst habit and I promised to you that I would stay away for you and you told me not to say that and that I could only do it for myself and I said u were right Remember?? I told u my worst fear and u said that would never happen because I was the only one for u and that I had your heart, tell me do I still have it?? I beleived every word you said and we made all these plans for our future, I don't understand why. After all these years you waited for me and when you had me you threw it all away, for what? Remember your final call the one I was afraid of? U broke my heart and I said to myself, I couldn't go on but then I realized that these little people needed me and that I could not stay down for someone they don't even know. So I'm trying to move on but it is sooo hard. Tell me did u mean every word u said? I did, meant every word. Always remember u were meant for me and I was meant for you, and I'll always be waiting for you even though I said I wouldnt, I will.....forever yours, me.

Brian Email: polkan@videotron.ca polkan@videotron.ca 819-684-0609 I am looking for a full set of rear seats for a 1996 Ford Club Wagon. 15 passenger. The color of the seats is grey. I suppose newer model years will be o.k.

## PUBLIC SERVICE ANNOUNCEMENTS - 400

The Native Women's Shelter of Montreal now has a 1-800 number. You can now reach us toll-free at: 1-866-403-4688. Please check out the new website at: <http://www.nwsm.info> www.nwsm.info and feel free to give us any feedback.

Do you need help? Someone to talk to? Call the Kid's Help Phone's toll-free number, at: 1-800-668-6868 or check out their website at: <http://www.kidshelp.sympatico.ca> [www.kidshelp.sympatico.ca](http://www.kidshelp.sympatico.ca).

**Anyone knowing the whereabouts of John Ottereyes of Chisasibi, James Bay region, Quebec, please contact S. Pyett collect at : 613-747-7800 x 3477.**





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